

Position Matters

How to Safely Hold your Baby Skin-to-Skin

For Baby:

Mouth and nose uncovered

Place baby's face above the breasts

Head turned to one side

Neck straight not bent

Make sure the face can be seen

Keep blanket across baby's shoulders, away from the face

Chest to chest with shoulders flat against Mom

Legs flexed

For Parents:

Good support behind Mom's head, back and knees

Mom should be sitting upright not lying back

After breastfeeding, place baby back in upright position



Feeling Sleepy?

Place infant on back in bassinet for Safe Sleep